



A BITE OF RECOVERY

*Behaviour

*Information

*Thoughts

*Emotions

Anger: The Dubious Luxury

The Big Book of Alcoholics Anonymous states “Resentment is the ‘number one’ offender. It destroys more alcoholics [compulsive eaters] than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick....We asked ourselves why we were angry. In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships (including sex) were hurt or threatened. So we were sore”. (4th Ed., p 64)

“It is plain that a life which includes deep resentment leads only to futility and unhappiness.... If we were to live, we had to be free of anger. The grouch and the brainstorm were not for us. They may be the dubious luxury of normal men, but for alcoholics [compulsive eaters] these things are poison.” (4th Ed., p 66)

This summer issue further explores how anger can perpetuate our disease and suggests ways to cope with this powerful but normal human emotion. Please read and reflect on ways you can apply this to your own recovery.



Thank you for picking up the Summer issue of *A Bite of Recovery Newsletter*! Issues will be released quarterly, each focusing on a small “B.I.T.E.” of recovery: Behaviour, Information, Thoughts, Emotions.

We hope to highlight upcoming events, supports for newcomers, member stories and program tools. If you have any suggestions for upcoming topics, articles, or would like to join the newsletter working group, please email us at: abiteofrecoverynewsletter@gmail.com.

Prayer for Anger Management

Higher Power, I come before you seeking strength in managing my anger. Teach me to pause, reflect, and understand the root of my frustrations.

Guide me to express my feelings in a constructive manner, fostering peace and empathy rather than conflict.

Help me to remember that patience and kindness are the pillars of strength, and through them, I can overcome the challenges of anger.

Bless me with the wisdom to know when to speak and when to listen, and the courage to apologize and forgive.

ANGER

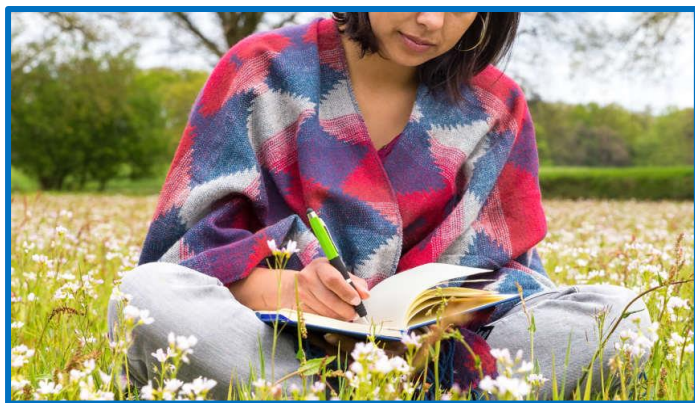
Any

New

Grudge

Endangers

Recovery



WRITING AWAY RESENTMENTS

I imagine many members of OA have issues with their parents. Here is how I solved my problem with my mother. My mom and I never got along because she was so controlling and at times was abusive during my childhood. I felt completely controlled by her and also misunderstood and, frankly, unrecognized for who I was. I started eating food for comfort at a very young age.

I worked a Fourth and Fifth Step about my mother with my sponsor. I soon realized how resentful I had become about her and how her treatment had affected me. I had been reenacting all of my family struggles in every aspect of my life, including my jobs and social groups. I'd made unhealthy life decisions based on perceiving bossy people in the same way as I did my mother. I carried these resentments for fifty years. I was

angry and rebellious, and my life was unmanageable.

As I worked the Fourth Step, the most important question was, "What was my part?" My part was not the abuse. I was not a bad child; I didn't deserve to be ridiculed, bossed around, and misunderstood. I was a worthy child and God loved me. My part was continuing to act the poor victim and expecting everyone to make it up to me. This went on for decades.

My part was expecting my mom to change, to be the kind of mom I needed: kind, complimenting, encouraging, never critical, affectionate—just showing me pure love and filling me up when I needed it. And, I could only see that these things had to come from her. Letting anyone else give this to me wasn't enough. My mother needed to change.

Well, my wise sponsor said, "We know she is not going to change. How do you think she got this way?"

She was from an abusive, cold home. She was crazy smart and a housewife. She raised three kids that she perhaps had no business raising, and she should have had a career. She was a child from an alcoholic family who didn't know how to love her children like they needed because she never received that love herself.

Continued on page 3....

Her cultural belief was that compliments only spoiled your children. Her cultural and generational belief was that a clean house and well-dressed children were the hallmark of a good family. They didn't value listening to and understanding children or their deep important needs.

My wise sponsor invited me to write about her good qualities, so I did. I wrote all the wonderful things she gave me: safety and security; exposure to the arts, the world, and nature; and encouragement to rise above prejudices and have friends from other cultures. She protected me from alcoholic relatives. She emphasized education and going to college and de-emphasized beauty and sexual attractiveness.

Writing about the things that I expected from her and then writing the truth about what she was capable of giving me—and what she did give me—enabled me to let go of all of the

resentments I had carried around. I had also been in therapy for years and had done a lot of work on my anger and resentments. Now, I was completely ready to have them removed.

Due to my spiritual beliefs, I have also known that I was meant to be in this family, that they were part of my path, and I had to accept it. I felt relief not just from asking God to remove the character defects of my victimhood but also from digging deeply into how overboard my expectations were for the parent that I got.

Another thing that helped was to write about my own positive characteristics and how being born to this mother shaped me into who I am—in other words, the positive things that came out of this early childhood wounding. Now, I know that I would never have the skills and traits that I treasure in myself without having my mom as my mother.

- Ali

©Overeaters Anonymous, Posted in Lifeline April 1, 2020

Tools of Recovery: Telephone/Outreach

“Together we can do what we could never do alone. No longer must we depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours....”

The OA Promise (Rozanne's Affirmation) lets us know that it is the whole of the membership that gives individual members the strength to do the action needed to follow the 12 steps of the OA program. But how do we tap into this wellspring of healing power? The tool of the telephone/outreach can vastly enrich our contact with our fellows above and beyond attending meetings and working with our sponsors.

By reaching out to others on a regular basis, we can welcome people who are new or recently returned. Often, these people are at their lowest ebb and feel shame discussing personal issues in a group of people, no matter how welcoming the meeting is.

Zoom meetings have been a boon, but they do not lend themselves to one-on-one discussions of individual problems or strategies to get started. For newcomers, they may seem impersonal if many participants are off-camera. An individual telephone call, email or text letting them know that someone from the meeting cares can be a gift of acceptance. And giving that gift to another member is sustaining for the donor just as much as the recipient.

Apart from welcoming newcomers, regularly contacting members gives us a positive infusion of ideas, encouragement, inspiration and the ability to help someone in need if they are struggling. It allows us to remember what has helped us in the past, as we share with others what we have learned about ourselves in relation to our food compulsions.

Continued on page 4...

Some suggestions to change your habit from picking up the food to picking up the phone:

- Schedule regular outreach times as part of your routine and go through phone lists for your group to offer support, or a verbal step 10.
- Many members establish regular contacts (God Squads, study groups, and accountability buddies) to increase the exposure that they have to people in recovery who can reinforce their desire to follow the steps.
- “Book end” stressful events during which you might eat compulsively with telephone or text messages of resolution, a plan of action and a debrief to help you through these times.
- Offer people without cars or who live enroute to in-person meetings a ride as a lovely way to regularly get to discuss things on a deeper level before and after meetings.
- Access Step 5 and Step 10 groups on applications like WhatsApp.
- Share a meaningful OA article or recovery podcast or article with other members of your group, especially if the topic reminds you of a problem or situation that they have discussed.
- Consider volunteering for the OA Hotline to help start your habit of making regular telephone calls.
- Offer to be the contact person for your meeting for newcomers or members in relapse.
- Make an appointment in your calendar to spend X amount of minutes doing outreach calls.

- Anonymous

CONVERSATIONS WITH TWO MEMBERS

(Please enjoy our conversation with two of our members – first with a long-standing member, Eva, and second with a newer member, Steff S – as they respond to the following questions on how they use the program to deal with life and anger issues.)

1. Do you feel that anger contributes significantly to your food compulsions?

Eva:

My name is Eva and I’m a compulsive overeater. I would like to share with you the role anger has played in my life as it relates to my compulsive eating. Anger does not feel like a safe emotion, especially when you are a people pleaser like me. When I was in the food, compulsive overeating was the only way to numb any anger I felt.

My early OA story contains a lot of relapses and my stepfather’s name regularly appearing on my step 4 work. It was painful to write about the

resentment I felt towards him and to look at my side of the street. I kept hoping that one day, he and I would come to peace. I remember a very poignant step 5 conversation with my sponsor about this approximately one month before he very suddenly passed away. I am so grateful to my HP for the incredible timing of this step work, just before his death.

The day of his funeral, I chose to spend some time alone in the room with his open casket. I have to say, I told his body exactly what I thought and felt about his treatment of me. I was as honest and as authentic as I could be.

But then, in front of my husband and son, I was able to say, “I forgive you and I let it all go.” It was an amazing experience. I felt such peace knowing that I had put our troubled relationship to rest, and I truly believe that he was at peace as well. This brought me a great deal of comfort.

Continued on page 5....

Steff S:

I have never personally eaten due to feeling angry. Anger is the one emotion that happens as a result of my food compulsions but does not contribute to them/trigger them. I tend to binge when I am happy, excited, sad, lonely, or anxious - but never angry.

Anger is an emotion that has stopped some of my long-term binges as I have used it as "motivation" to correct my poor eating habits. I've come to accept that being angry at myself is and always has been short-lived and my actual motivation comes from giving myself grace and maintaining balance in my heart and head.

2. What triggers your anger and what signs help you recognize when anger is getting the better of you?

Eva:

As I began to progress towards recovery, I often felt afraid when experiencing intense anger because I knew that not dealing properly with those feelings would lead me back to food. I was also not comfortable with expressing anger because I was afraid others would disapprove of me. As the saying goes, "Feel the feel, then take the wheel." Taking the wheel is doing step work (steps 4-9) in my books. When triggered, pausing and taking a deep breath before speaking, became another powerful tool. I would breathe out my powerlessness and breathe in HP's power.

Steff S:

I often become angry when I notice just how much weight I've gained, or how winded I become from completing what should be a simple physical activity. I get angry when I go out in public and cannot fit in chairs, ride certain rides, or sit comfortably in an airplane seat.

I recognize when my anger gets the better of me when I start to extremely restrict my calories, the types of foods that I consume, and over-exercise.

3. How do you use your program to better deal with anger?

Eva:

Step work has helped me realize how painful it must be to be on the receiving end of my angry words. I have discovered, the hard way, that my loved ones cannot hear what I'm saying when I use angry words to personally attack them. Most of the time, I am just trying to say something completely different like: I'm hurt, scared, or lonely.

This does not minimize my grief and pain when others hurt me, but processing my anger and coming to neutrality about any experience is my work to do. This keeps me out of my defects and into usefulness. My HP, my sponsor and doing regular step work (1 through 12) have been incredibly instrumental in teaching me how to deal with intense emotions like anger, so that I can stay recovered. I am so grateful to OA for showing me the way.

Steff S:

Program has helped me turn my anger towards myself into self-love and compassion. I am powerless over food and my life was once unmanageable. I know that without program, my life can easily become unmanageable again so I lean on the fellowship to hold myself accountable and give myself grace when I feel that I am "not doing enough".

Program helps me remain honest with myself and others in my life; which results in me having no room to become angry as I continue to remain in recovery and better my relationship with food.



Offenses Build Fences

There is a Church that I watch on YouTube that often has services that remind me of the Big Book. This one was called “The Prison of Offense”. It basically was about how being offended is a decision. If you are constantly offended, you build a fence between you and the people that you are offended with. In the Big Book, an offense is a resentment. To get rid of your offense, you do Steps 4 to 9.

Then I found this article called, “FORGIVENESS OR AN OFFENSE FENCE” By Neville Buchanan. Now, not going into any Biblical references, the summary of the article is this. Having offenses can do a lot of damage. It can ruin relationships, cause you to do self harm in any form, such as drinking, drugs, overeating and such.

In the article, it says there are three ways to stop offenses:

- First, don’t exchange good sense with anger. According to the 12 Steps, our good sense would be to use the steps and figure out what is causing our offense. What resentment, fear, anger, shame or other ailment is causing the offense?
- Second, if you keep taking things to heart, you may need to do some soul searching. So that means doing a step 4 to find out what is causing the offense or resentment.
- Third, when you become offended, please realize that you might be building a fence that can never be torn down. We all know if we have done a step 4 before, that sometimes the damage cannot be fixed between you and the other person. The real purpose is to heal yourself.

So, if something is stewing in you, you are resentful or offended, remember to do your Step 4 before the fence gets too big. That fence might not come down in relationships, but you need to work on it for yourself to be free from the food. You might end up like me, gaining the weight back and being frustrated over it.

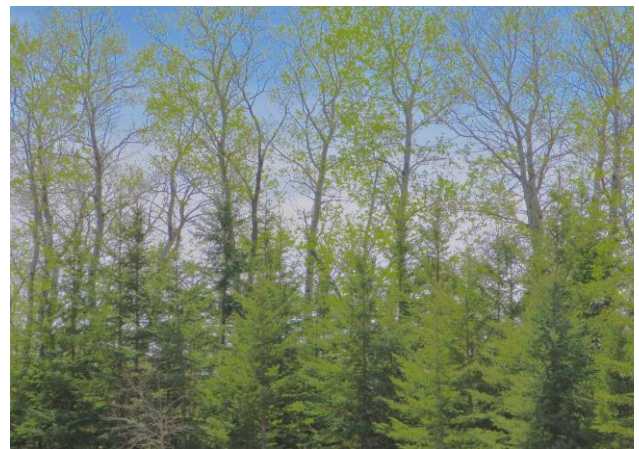
That is why working the program is essential to being happy, joyous and free.

- Lori V.



“Anger is only one letter short of danger.”

- Eleanor Roosevelt



“If we could learn to like ourselves, even a little, maybe our cruelties and angers might melt away.”

- John Steinbeck

Step 5: Seeing My Part

When I arrived in OA, I was full of anger, resentment, blame, guilt, and a lot of other negative emotions. When someone did a “wrong” to me, it was his or her fault and never mine. Everything that happened to me was not my fault.

Life wasn’t good to me; I was always the innocent person being hurt. When I found out that in Step Five I had to look at my part in the pattern, I was confused. I wasn’t responsible for people treating me badly and doing the wrong thing; I had no part in what they did to me.

My sponsor helped me work that Fifth Step. I looked carefully and saw selfishness, self-centeredness, dishonesty, and other character defects. At the end of my work, I felt so much lighter and freer. As the promises state: “We will not regret the past nor wish to shut the door on it” (*Alcoholics Anonymous*, 4th ed., p. 83).

Afterward at meetings, I kept sharing about how much that Step meant to me. It taught me so much about myself. I had been blind to my defects. Through this process I learned to accept and love myself for who I am, not a bad person but a very sick person recovering in this program.

Step Five has helped me find natural happiness—I used to rely on others to make me happy and felt resentful if they did not fulfill my expectations. Now I have a great big smile on my face and just want to bounce all the time like a bubbly cartoon character.

Now when I feel angry or resentful at a person or situation, I sit down and ask myself what my part is. I have a very honest HP who never fails to let me know. Then I can make amends if I need to. If I have trouble letting go, I turn to page 417 of the Big Book and read about acceptance. Until I accept everything as it is and not how I want it to be, I have to keep praying to my HP for acceptance. I can’t change anyone except myself.

I have worked all Twelve Steps now, and I still maintain that Step Five was the best Step I ever worked. It was a real eye-opener to the true me. It also gave me freedom, peace, and serenity. I can let go of the past and live in each minute of the day, enjoying life to the fullest.

— Julie B., Adelaide, South Australia

©Overeaters Anonymous, Posted in Lifeline June 14, 2016

“Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.”

- Mark Twain

“An eye for an eye will only make the whole world blind.”

- Mahatma Gandhi

“A person does not react to the insult. He reacts to what the insult makes him feel about himself.”

- Kapil Gupta

“Everything that irritates us about others can lead us to an understanding of ourselves.”

- Carl Jung

“The instant we feel anger we have already ceased striving for the truth, and have begun striving for ourselves.”

- Buddhist proverb

“An angry man opens his mouth and shuts his eyes.”

- Cato The Elder

Putting a HALT to HALT

When I made a decision to turn my will and my life over to the care of my Higher Power, I received an insight into how I could remain willing to live in surrender.

In recovery, I've often been reminded to recognize when I'm hungry, angry, lonely, or tired—the HALT of the program. Even one of these four can set me up for food thoughts and mental obsession. But I've found a second HALT that counteracts the first one—honest, accepting, loving, and thankful. When I embrace these four qualities, I remain teachable, open to recovery, and willing to live my life in accordance with my Higher Power's will.

Hungry/Honest. When I get hungry, it reminds me to be faithful in planning my food, take accountability for what and how I eat, and pay attention to my bodily needs. If I'm honest with myself, I plan my food each day with the help of my Higher Power and others. It's vital that I give an accounting of my physical program and accept guidance from others in recovery. With a sponsor's guidance, I learn how to practice gut-level honesty about my feelings, account for any mental obsession, and seek my Higher Power's solution to my gnawing spiritual hunger. Honesty becomes humility as I ask my Higher Power to guide and direct my life, my will, and my recovery.

Angry/Accepting. Being angry is a luxury I can't afford because it leads to mental obsession, resentment, and fear. When I feel angry, it usually means I'm not accepting some situation as okay. Acceptance grows as I work the Steps and become open to correction and guidance. I grow in acceptance by humbly seeking my sponsor's guidance, by asking my Higher Power to remove my defects, and by understanding my place in the human race. To accept my powerlessness over food is to surrender my food addiction. To accept my powerlessness over people, places, and things is to walk in harmony with others and know inner peace. To accept my total dependence on my Higher Power is to walk with faith and trust wherever I'm led. Acceptance opens doors that anger and resentment have closed.

Lonely/Loving. When I feel lonely, I've found that reaching out in loving service to others dissipates my loneliness. I have a disease of isolation characterized by self-centeredness, selfishness, self-absorption, and self-seeking. To love others is to walk with my Higher Power and surrender. To love is to serve at meetings and at broader levels of OA. To love is to willingly give others my listening presence and to graciously accept others' service. To love is to call an OA friend and share how I've been blessed by his or her message of recovery. To love is to die to self with its craving for instant gratification and all its egotism and greed and to live in oneness with life and say yes to my Higher Power's road of unknown destiny. Love overcomes isolation and loneliness.

Tired/Thankful. When I feel tired, my body is telling me to relax. In a relaxed state, I can see all that I have to be grateful for. Just knowing I'm tired and need rest is a blessing. I'm grateful to know how to take care of my body as a living amends for my years of self-destructive eating. I'm grateful knowing the awesome truth of just being—rather than finding self-worth only in doing. I'm grateful for slogans like “Easy does it” and “One day at a time.” What a blessing is rest, for it replenishes my strength so that I may be of use to my Higher Power. I value sponsors who validate my need to love myself enough to rest when I'm tired. Gratitude lifts me into the loving presence of my Higher Power, where I find freedom, gentleness, and love. Gratitude reminds me of the beauty of the present moment and the power of positive thinking. When I feel grateful, I learn to relax in the silence of prayer and contemplation.

Hungry, angry, lonely, or tired: these remain red flags I heed in my ongoing recovery. My remedy, being honest, accepting, loving, and thankful, keeps me close to my Higher Power, accountable to my sponsor, and gentle with myself.

— K.W., ©Overeaters Anonymous, Posted in Lifeline June 14, 2016

ANNOUNCEMENTS

MONDAY MEETING IS NOW FACE-TO-FACE ONLY.

Monday meeting is no longer a hybrid meeting as of June 17th. We are meeting only in person now.

Come out and join us at Good News Fellowship Church at 891 St. Mary's Road on Mondays at 7 pm!

We are enjoying our face-to-face meetings again!

THURSDAY MEETING IS BACK TO ZOOM FORMAT ONLY.

Wellness Event, HSC Friday, October 18th 10 am – 4 pm

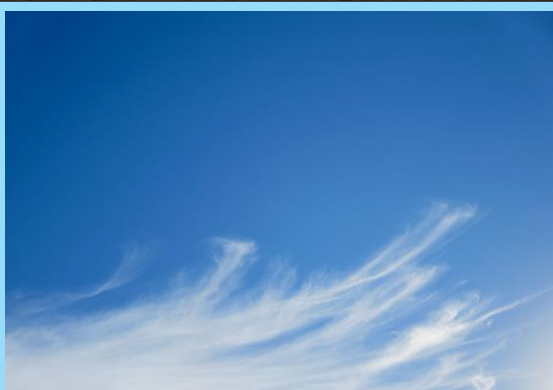
OA has been asked to host a booth at this event which is a wonderful opportunity to reach out to Health Care Professionals and tell them about the benefits of our program.

If you would be interested in volunteering for a two hour segment, please contact Gail C., our Public Information Chair, at 204-782-5087 or by email at oainquiries23@gmail.com.

Mark your calendars!

Our 2024 Convention will be held Friday evening, October 25th and Saturday all day, October 26th.

Watch for full details in July on our intergroup webpage:
<https://oaheartofcanada.ca/>



Our thanks to Louella, one of our OA members for the nature pictures used in this issue.

HANDS OF HOPE SPEAKER MEETING

Please join us for our speaker meeting on Tuesday, July 30th at 7:30 pm

RECOVERY THROUGH THE TWELVE STEPS!

A “design for living” that will solve all of our problems!

<https://us02web.zoom.us/j/86586967187?pwd=Q0pkRjZobzFGay9PQnhGbytsbXNDQT09>

Password: Freedom

OA FOOTSTEPS



Come & Join the Footsteps Night Owls

Meeting ID: 98842499977

Password: 1212

7 Days a Week

10pm EST / 7pm PST

- **Sun-** Candlelight / Meditation
- **Mon-** Daily Reader / Writing
- **Tue-** Big Book
- **Wed-** 2-way Prayer
- **Thu-** Spiritual Principles
- **Fri-** Newcomer
- **Sat-** Emotional Recovery

Together we get better!

The “Before You Take That First Compulsive Bite” meeting

A meeting for those who have trouble finding abstinence. Operating on the 12 step principles as outlined in the Big Book of Alcoholics Anonymous, but with a special emphasis on examining the disease of compulsive eating and how it works on each of us individually. We look at and discuss the process of how we go from being content and secure in our abstinence to considering picking up that first bite.

Wednesday Meeting:

12 pm PDT, 3 pm EDT, 8 pm GMT

Meeting ID: 867 3116 7284, Passcode: 477587

Thursday Early Meeting:

12:30 pm PDT, 3:30 pm EDT, 8:30 pm GMT

Meeting ID: 860 9983 7428, Passcode: 634545

Thursday Late Meeting:

5:00 pm PDT, 8:00 pm EDT, 1:00 am GMT

Meeting ID: 837 4445 6953, Passcode: 486150

For dynamic links and more information, email John K at

kiernancdac@gmail.com or visit:

<https://tinyurl.com/37txd45d>

BODY IMAGE WORKSHOP

SUNDAY,
AUGUST 11
1:00-3:00PM PT

Create a New Body Image through the 12 Steps.

Zoom Link: <https://us02web.zoom.us/j/86834871890>
ID: 868 3487 1890



Changing our old beliefs and challenging our self-criticism, we can embrace our strengths and who we truly are. This nurturing workshop will encourage self-love and resilience, guiding us all toward a journey of body image acceptance and healing.

All are Welcome. No registration is necessary.
The 7th Tradition will be observed.
You may donate here: oasandiego.org/seventhtrad

Offered by the San Diego Intergroup. Questions?
Contact Elyesse at workshops@sandiego.org



Ottawa District Intergroup

New! Q & A Meeting

Why talk about God? Do I have to believe in God for this program to work?

What is the difference between abstinence/meal plans/diets? What should I eat? What is compulsive eating?

How do I stop a craving? What is the allergy of the body, & do I have it?

What is recovery? Is there a cure?



I'm already using the tools. Isn't that enough? Why is this so hard?

Thursdays 5-6pm ET
Zoom ID: 829 7899 5772
Passcode: 656170

For more information, contact Nomirose222@gmail.com

New OA LA Intergroup Meeting
Focus on Sugar Addiction
 Saturdays 4pm PT = 7pm ET
 Zoom ID: 83878933060. Passcode: 874921

Be there or be square.
 A splendid time is guaranteed for all!

For more information and/or to help serve,
 contact JoJo at (818) 326-9003

How Stable is Your Stool?



Special Workshop on Sun, July 21; 1:30-3:00 PM

Hear members' perspectives on
 the physical, emotional, and
 spiritual legs of our Program Stool

This is a hybrid workshop. Join us for
 fellowship and free beverages at the
 Oasis Club, 5645 Hillcroft Ave., Suite
 102, Houston, TX 77036



Or Join by Zoom:
 Call in 346-248-7799; Meeting ID: 863 1665 1362;
 Password: 2020

Questions? Call Donna at 518 588 3405; Marilyn at 713
 299 7212; or Dorothy at 832 274 1114



OA Newcomer Meetings on Zoom:

Tuesdays 7:00 PM EST

819 8275 0599, PW: 1212

Saturday Night

7:30 pm MST

890 7562 4047, PW: ODAAT

6:00 PM PST

8934 6772 5942, PW: 172301

Sundays 1 pm EST

819 2364 0463, PW: 103310

**(Good place to find a sponsor
 and learn about OA)**

An all-New Jersey Event!

Sponsorship Day

Sunday August 18
 9:30-11:30am ET

Join Us for an exciting workshop!

As we celebrate OA Sponsorship Day!

Four recovered OA Speakers will share their own "Reasons" for Sponsoring and Carrying the Message of Hope and Recovery

Open Sharing, Q&A Big Book topics

Dr Bob's Four Reasons

"I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons:

1. Sense of duty.
2. It is a pleasure
3. Because in so doing I am paying my debt to the man who took time to pass it on to me.
4. Because every time I do it I take out a little more insurance for myself against a possible slip."

— Dr Bob
 Big Book pg 180-181, "Doctor Bob's Nightmare"

The two co-founders of Alcoholics Anonymous, Dr. Bob, and Bill W. circa 1935

ZOOM info:
 Meeting ID: 896 9924 0927
 Password : 202408
 Dial In: (305) 224-1968
 Passcode : 202408

Contact Person:
 Michael O.
 (856) 275-9070

Quick List of Meetings in our Intergroup

This list can also be found at the OA Heart of Canada webpage: <https://www.oaheartofcanada.ca>

SUNDAY: 11 AM – 12 NOON ZOOM Meeting

<https://zoom.us/j/8637723075?pwd=QXZ4KzRrcE0rWEEybFVmV0Z6azE4dz09>

Meeting ID: 863 772 3075 / Password: WpgF2F

To access the meeting by telephone: Manitoba Telephone # – 204-272-7920 (Long Distance May Apply)

Telephone Meeting ID: 863 772 3075; Password: 616534,

Find your local number: <https://us02web.zoom.us/j/8637723075>

MONDAY: 7:00 – 8:00 PM IN PERSON Only

ADDRESS: GOOD NEWS FELLOWSHIP CHURCH, 891 ST. MARY'S RD., NEAR FERMOR

TUESDAY: 7:30 – 8:30 pm ZOOM Meeting

<https://us02web.zoom.us/j/86586967187?pwd=Q0pkRjZobzFGay9PQnhGbytsbXNDQT09>

Meeting ID: 865 8696 7187 / Password: Freedom

To access the meeting by telephone: Manitoba Telephone # – 204-272-7920 (Long Distance May Apply)

Telephone Meeting ID: 865 8696 7187; Password: 6740807

Find your local number: <https://us02web.zoom.us/j/86586967187>

WEDNESDAY Morning: 7:30- 8:30 AM ZOOM Meeting

<https://us02web.zoom.us/j/86213444550?pwd=UWhsRmZsVHF0d0dadkM0bXdaUGg2dz09>

Meeting ID: 862 1344 4550 / Password: 279813

To access the meeting by telephone: Manitoba Telephone # – 204-272-7920 (Long Distance May Apply)

Telephone Meeting ID: 862 1344 4550; Password: 279813

Find your local number: <https://us02web.zoom.us/j/86213444550>

THURSDAY: 7:00 PM ZOOM Meeting

<https://us02web.zoom.us/j/85248968569?pwd=dWs2ZS8rU24wckJRMjBqOXk0Z25KQT09>

Meeting ID: 852 4896 8569 / Password: recover

To access the meeting by telephone: Manitoba Telephone # – 204-272-7920 (Long Distance May Apply)

Telephone Meeting ID: 862 2992 6338; Password: 5671699

Find your local number: <https://us02web.zoom.us/j/85248968569>

SATURDAY: 10:30 AM HYBRID Meeting on Zoom + IN PERSON

<https://zoom.us/j/8637723075?pwd=QXZ4KzRrcE0rWEEybFVmV0Z6azE4dz09>

Meeting ID: 863 772 3075 / Password: WpgF2F

ADDRESS: JOHN BLACK UNITED MEMORIAL CHURCH, 898 HENDERSON HWY AT ROBERTA IN NORTH KILDONAN

To access the meeting by telephone: Manitoba Telephone # – 204-272-7920 (Long Distance May Apply)

Telephone Meeting ID: 863 772 3075; Password: 616534

Find your local number: <https://us02web.zoom.us/j/8637723075>

There are now two face-to-face meetings in Thunder Bay.

Sundays from 7-8 pm Eastern Time (Open Meeting)

and

Wednesdays from 10-11 am Eastern Time (Closed Meeting).

Please check out full information at <https://oaheartofcanada.ca/oa-heart-of-canada-calendar/>

HEART OF CANADA MESSAGE LINE: 204-334-9008

EMAIL: oaenquiries23@gmail.com